

Spinach Stuffed Chicken

Carbs: **6.2g** | Fat: **1.7g** | Fiber: **1g** | Protein: **24.9g** | Calories: **140.9**

Servings Per Recipe: 1

Each serving counts as 1 protein, 1 vegetable

Ingredients

- 100 grams of chicken breast
- 100 grams of fresh spinach
- 1 tbsp chopped onion
- 1 clove of garlic crushed & minced
- 1 tbsp lemon juice
- dash of onion powder
- dash of garlic powder
- pinch of cayenne pepper
- salt and pepper to taste
- 1/2 cup hCG approved chicken broth or water



Directions

Tenderize chicken manually by pounding until flat. Cook spinach lightly in lemon juice with garlic, onion and spices. Strain out excess liquid from the spinach and place mound of spinach in the center of the pounded chicken. Roll up the spinach mixture inside the chicken breast. Place rolls in baking dish and add chicken broth or water to the pan. Bake rolls at 350 degrees for about 15 minutes, or until chicken is cooked completely.

Nutritional Info

Servings Per Recipe: 1

Amount Per Serving

- Calories: 140.9
- Total Fat: 1.7 g
- Cholesterol: 60.5 mg
- Sodium: 558.9 mg
- Total Carbs: 6.2 g
- Dietary Fiber: 1.0 g
- Protein: 24.9 g



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